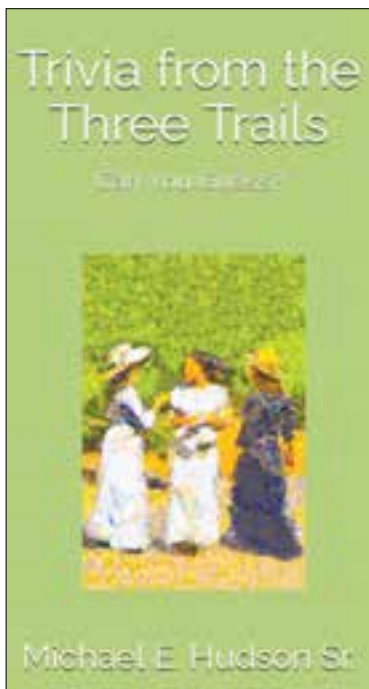


# New Book Asks “Can you Guess?”



Los Angeles author and poet Michael E. Hudson Sr. has roots in Oregon where he earned a degree in communications from Pacific University.

## Black Trivia and other Great Tales

BY MICHAEL LEIGHTON

“Trivia from the Three Trails,” an encyclopedic collection of short stories by Black author and poet Michael E. Hudson Sr., wonderfully puts your mind to work by asking, “Can you Guess?”

You’ll love the brain twist-ers and the diversity of topics to explore. The author’s interests in social justice, race, religion, popular music and other topics shine brightly in this February 2023 publication available for purchase on Amazon.com.

Inspired by the concept of people coming together on paths of life where gossip and information is shared and traded, Hudson engages in a guessing game for thought-provoking stories which reflect on a variety of entertaining subjects and people, both currently famous and historic.

The Harlem Globetrotters are known for breaking racial barriers, for example, but in “The Team That Always Loses,” Hudson brings out some fascinating facts behind the team’s loyal opponents. In another piece, “Cassius Marcellus Clay,” the story is based on the greatest, Muhammad Ali, and his ancestor who was named after an abolitionist and politician who served under President Lincoln.

In another chapter, “Baby-face and Stephen” the trivia is about miracles and “When you

believe” as Mariah Carey and Whitney Houston join one of America’s most famous R&B composers to produce a number one hit song.

In “Rachel,” Hudson exposes some facts behind Meaghan Markle’s name and other royal ties to California, such as the British House of Windsor and Windsor Hills, a neighborhood in Los Angeles where Markle’s mother resides. The author’s “The Poem” explores the origins of the song, Lift Every Voice and Sing, the Black National Anthem. And in “Daniel,” you discover how Louis Armstrong took Jewish music and jazz to form his own style and reach the top of the entertainment world.

Other highlights from the book include “The Paratrooper,” a story about Jimi Hendrix, the greatest guitarist of all time, who as an honorable Black veteran, played his own version of the National Anthem to capture American glory.

“Trivia from the Three Trails” is a good read that captures the author’s spirit of sharing.

Michael E. Hudson Sr. has roots in Oregon where he earned a degree in communications from Pacific University and currently serves on the university’s Board of Trustees. A native of Los Angeles where he currently resides, “Trivia from the Three Trails” is his fourth book, following “A Night on the Bus,” “Three Seconds of Black” and “Les Chansons pour Jennifer.”

# March is National Reading Month! Reading is fundamental

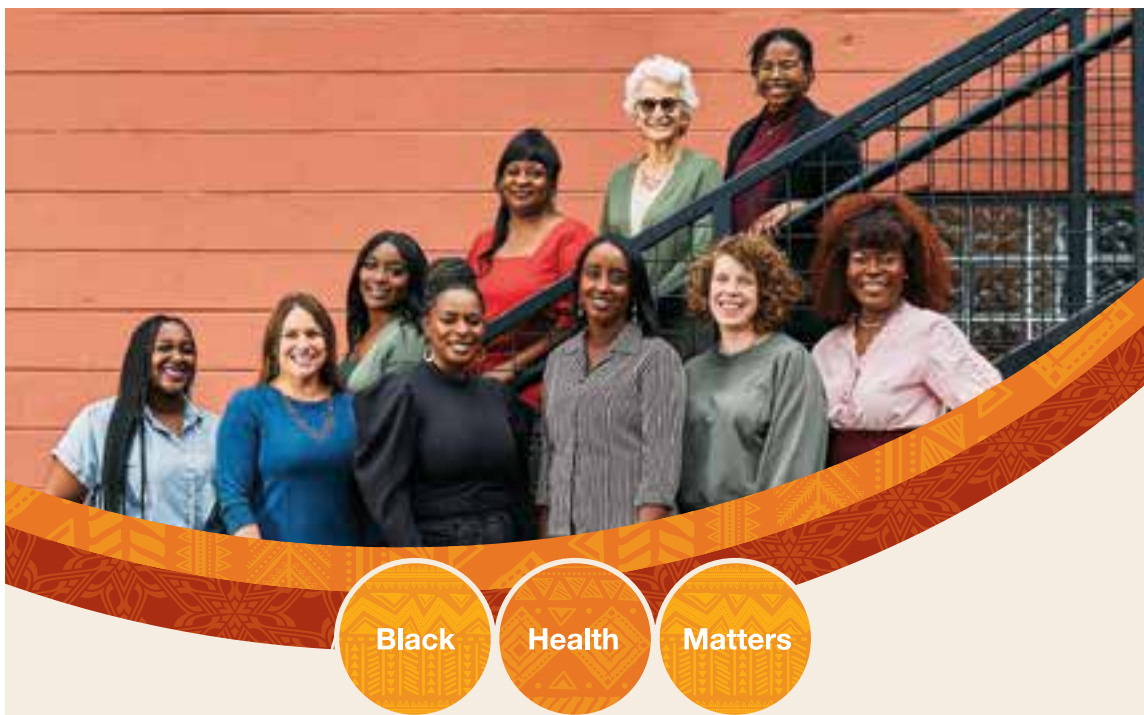
In honor of Dr. Seuss' birthday, March is designated as National Reading Month. A month to motivate Americans of all ages to read every day. Reading is fun and has many benefits, regardless of your age. It's a key component of education and professional development. It also has immediate and long-lasting health benefits such as increased cognitive function, memory, vocabulary, empathy and decreased levels of stress. Studies show Just like going for a jog exercises your cardiovascular system, reading regularly improves memory function by giving your brain a good workout. Reading books about different people, places and experiences is critical to healthy child development and should be a priority, particularly in early literacy.

A parent’s understanding of each element at play in their



Parents reading with their children greatly support their literacy growth. Photo courtesy of the National PTA

child’s school reading life will support their personal growth and their advocacy can serve the greater student community. Literacy is an essential life skill. Of all the gifts we give our children, knowing how to read is the one that provides the foundation for the rest of their lives.



North by Northeast Community Health Center is the only clinic in Oregon devoted to African American health. We provide welcoming, high quality health care to adults who have Oregon Health Plan. Since 2006, our priority has been to serve the local African American community and to reduce the deadly effects of high blood pressure and diabetes. We are accepting new patients, and if you’re uninsured, we can help you get covered!

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